



# OMNI<sup>®</sup>

INTELLIGENT FITNESS



ARTICLE NO.: OMX2017  
ARTICLE NAME: Cross trainer Ergometer  
Akron

CE



## INTRODUCTION

### DEAR CUSTOMER,

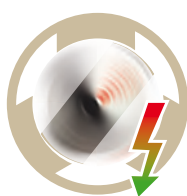
Congratulations on your purchase of an OMNI cross trainer. Cross trainers are still the most popular fitness equipment.

A new era has begun for OMNI brand products - OMNI - Intelligent Fitness is the new brand for innovative fitness equipment.

With our dynamic and elegant design, OMNI represents the leading edge in technology, ecological sustainability and quality.

In the cross trainer field in particular, our focus is on smooth running action.

Thanks to the precision of its joint technology and the detail-tuned mechanical system, this cross trainer offers a perfect action.



OMNI products are equipped with innovative generator technology. Power without an electrical connection. The energy generated by the user during exercise is converted into electricity, just like with a bicycle dynamo, and used for braking and to power the

equipment throughout the entire workout.

Additionally, you can use this power to charge consumer devices that have a USB connection (e.g. MP3 players or smartphones)

### WE ARE THERE IF YOU NEED US!

Should you have any difficulties setting up or using your equipment, give us a call before sending it back! In most cases, problems have simple causes and can easily be

resolved over the phone, even if technical complex devices are concerned.

Our service team will be pleased to help you.

### NOTE:

Please keep the installation and operating guides, your proof of purchase and the transport packaging throughout the warranty period. Returns will only be accepted, after approval by our service department in original packaging, accompanied by the assembly/instruction manual, a detailed description of the defect, and the original or a copy of the proof of purchase.

## EXPLANATION OF SYMBOLS



**Caution: Read the instructions for use prior to use !**



**Useful tips and notes.**



**Please note! Please observe these warnings carefully!**

### OMNI Service

An der Nordhelle 19

D-51645 Gummersbach

Tel.: (0049) - (0)1805 - 346412

0.14 Euros/min. from land lines in German/German cellular networks maximum 42 cents/min. Other charges apply when calling from abroad.

(Rates: dated Feb./2011)

Monday – Friday 9.00 am to 6.00 pm

E-mail: [service@omni-fitness.eu](mailto:service@omni-fitness.eu)



## TABLE OF CONTENTS

INTRODUCTION.....	2
EXPLANATION OF SYMBOLS .....	2
SAFETY INSTRUCTIONS .....	5
ASSEMBLING THE FITNESS EQUIPMENT .....	6
ASSEMBLY PARTS LIST .....	7
EXPLODED ASSEMBLY DRAWING .....	8
TECHNICAL SPECIFICATIONS.....	9
OVERVIEW OF EQUIPMENT .....	10
STEP 1 .....	11
STEP 2.....	11
STEP 3.....	11
STEP 4.....	11
STEP 5.....	12
STEP 6.....	12
STEP 7.....	12
STEP 8.....	13
STEP 9.....	13
GETTING STARTED .....	13
COMPUTER FUNCTIONS AND USE.....	14
FUNCTIONS .....	14
USER PROGRAMS .....	15
Quick start and manual program.....	15
PROGRAM.....	15
H.R.C.....	15
USER PROGRAM .....	15
WATTS.....	15
RECOVERY .....	16
How to train with the elliptic trainer.....	17
A. General.....	17
B. Leg / lower body exercise.....	17
C. Upper body / whole body exercise.....	17
D. Transport .....	17
WARM-UP .....	18
PERFORMANCE TABEL.....	19
HAND PULSE SENSORS & HEART RATE MONITOR.....	20
And now: On your marks, set, go!.....	21
Dismounting.....	21
FUNCTION AND USE .....	21
STORAGE .....	22





MAINTENANCE.....	22
CARE .....	22
WASTE DISPOSAL AND ENVIRONMENTAL PROTECTION .....	23
WARRANTY.....	23
COMPLETE LIST OF PARTS.....	24
EXPLODED DRAWING .....	25



## SAFETY INSTRUCTIONS

This device complies with the requirements of the standards EN 957-1, EN 957-9, use class H (H = home use). The device is designed for home use. The device was tested taking safety factors according to European standard EN 957 into consideration.

Please note that this is a class A training device. It thus has an extremely accurate display.

This is a speed and/or rpm independent device. When operating the device the resistance is kept constant independently of the speed.

Resistance measurement/wattage measurement: The wattage measurement and/or resistance measurement is taken off at the crank (without taking the pedals and handle levers into consideration).

Measuring with the pedals and handle levers assembled would lead to deviations.

Individual user data, such as size, weight and custom settings to the pedals also have a considerable influence on the value. Additionally, extensive or less extensive use of the handle levers would affect the value.

handling of the device or is under supervision. Parents and other guardians should be aware of their responsibilities, as children's natural play instinct and love of experimenting can result in situations and behaviour for which the fitness equipment was not designed.

Above all, point out to children that the equipment is not a toy.

To avoid impairing your health, or to minimise existing risks, consult a doctor before your first exercise session to perform a general fitness check. In case of special impediments, e.g. if you have a pacemaker, are pregnant, have orthopaedic problems or take medication, please consult a doctor first. Improper or excessive exercise can endanger your health, cause damage/injury, and even fatality! Stop training immediately if you feel weak or dizzy, if you feel nauseous or experience chest pain, heart palpitations, or other symptoms. Consult a doctor immediately if these symptoms arise.

Excessive temperature changes, high moisture levels, and wetness can affect the working life of your exercise equipment, in particular of electronic parts, and may damage them beyond repair. The equipment is not suitable for outdoor use.

To achieve optimum training results and avoid injury, always allow time for a warm-up phase before training and a cool-down phase after training. Check the "Warm-up and Stretching Exercises" section for appropriate exercises.

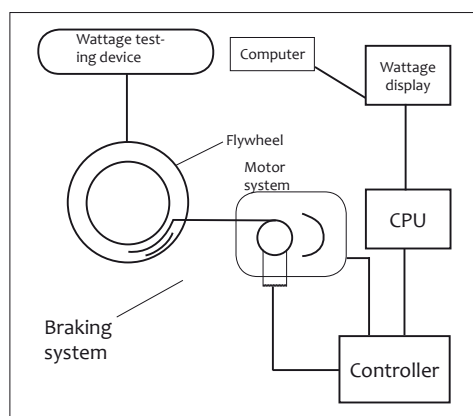
When exercising, wear comfortable, but not excessively loose clothing in order to avoid getting caught. Always wear suitable footwear, such as gym shoes; never exercise bare footed.

"WARNING! Heart frequency monitoring systems can be inaccurate. Excessive exercising can damage your health or be fatal. Stop exercising immediately if you feel dizzy/weak".

The braking system on this device is not adjustable. Before you start exercising, make sure the equipment is standing firmly on a stable and flat surface. Make sure the surface is firm, flat and not slippery. Level the device in case of an uneven floor.

Note minimal insertion point marks - "max" for maximum mark - when setting up the equipment.

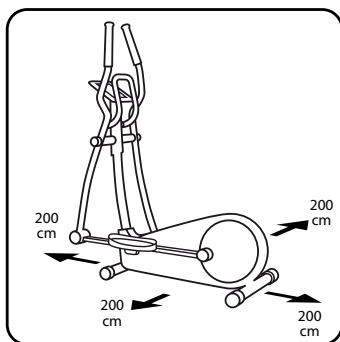
When exercising with the equipment, make sure that you have enough space to move and that no levers, adjusting mechanisms or setting aids, or persons, especially small children, protrude into the movement area and thus impair your training or cause injury.



Performing wattage measurement

Speed for test:	Settings to check:
50 rpm	50 W and 100 W
60 rpm	150 W and 200 W

The CE label relates to the electromagnetic compatibility of the device (EU Directive 2004/108/EU). The fitness equipment is not a toy and must be kept out of the reach of children when not used. Keep small children out of the range of the device during exercise in order to avoid risk of injury. Proper use of this equipment is reserved for adults or youths with appropriate physical and mental development. Make sure that each user is familiar with the use and

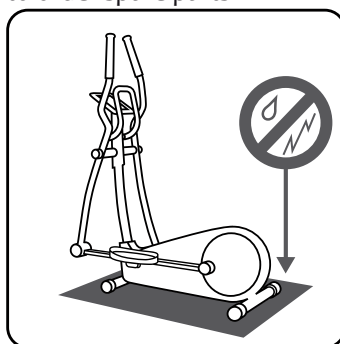


We recommend a safety margin of 2 x 2 m around the device. After use, always leave or store the fitness equipment in a safe state to avoid injury from protruding parts.

Intended use: The device is intended only for the purpose of exercising as

described in this instruction manual. The exercise equipment is designed for use by one person only at any given time.

Before you start using the exercise equipment, observe the following: the equipment is designed only for private use and not suitable for commercial use. Keep the instruction manual at hand near the device; you will also need it to order spare parts.



Despite careful quality checks, abrasion dust may fall out of moving parts.. To avoid damage to carpets or flooring, we recommend placing the equipment on a non-slip underlay (e.g. a cloth or a mat). Neither your dealer nor the vendor accept any liability for damage to flooring caused by

abrasion dust dropping out of moving parts or for other reasons. Make sure the exercise room is well ventilated but avoid draughts.

The cross trainer is definitely one of the most effective pieces of exercise equipment. It is easy on the user's joints and helps the user burn off calories; this makes the cross trainer a very popular, endurance fitness device. While most home exercise devices mainly train your leg muscles, the cross trainer also trains your upper body. The motion is similar to running, but without the jarring impact. The regular elliptic movements of the cross trainer strengthen your legs, buttocks and hips. Upper body training combined with leg exercise helps strengthen your arms, shoulders, chest, stomach and back.

The equipment is designed for a maximum bodyweight of 150 kg.

## ASSEMBLING THE FITNESS EQUIPMENT

1. Before you starting assembling the equipment, you should allow it to acclimatise at room temperature for one to two hours.
2. Choose a space on the floor or a workbench where you have sufficient freedom of movement to assemble the fitness equipment. To avoid damage to the flooring, always assemble the exercise equipment on a suitable underlay such as a piece of cloth or a mat. The

device should always be placed on a suitable underlay, mat etc. during use/exercise to avoid damage to the flooring.

3. Remove all parts from the transport packaging and remove all protective films, transport straps, and belts. Caution: Avoid protective foils from becoming a deadly trap for children (danger of suffocation!).
4. Lay out all the parts in the correct order and check the parts list to make sure that you have all the parts, screws, and other components. If parts are missing or damaged, please contact our service team directly on:

### SERVICE

**+49 (0) 1805 / 346412 Mo - Fr 9.00 a.m. - 6.00 p.m. (CET/CEST)**

(14 Euro cts./min. for calls from Dt. Telekom landlines in Germany. Max. charge of 42 cents/minute applies to calls from mobile networks. Calls from abroad may vary).

5. If you experience difficulty setting up or commissioning your equipment, our service department will be happy to help you! In most cases, problems have simple causes and can easily be resolved over the phone, even if technical complex devices are concerned.

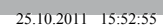
## ASSEMBLY PARTS LIST

Part	Designation	Quantity
A	Computer	1pc
A-1	Phillips screw	4pc
B	Handlebar	1pc
C	Handlebar column	1pc
C-2	Flywheel axle	1pc
C-3	Computer wire handlebar column	1pc
C-4	Phillips screw	3pc
C-5	Flat washer	4pc
C-6	Spring washer	4pc
C-7	Allen screw	4pc
D	Handle lever right	1pc
D-1	Handle lever left	1pc
D-4	Right handlebar	1pc
D-5	Left handlebar	1pc
E	Right pedal post	1pc
E-1	Left pedal post	1pc
F-3	Main frame computer wire	1pc
F-4	Phillips screw	1pc
F-5	Adapter	1pc
F-6	D/C power cable	1pc
J	Front stabilizer	1pc
J-4	Rear stabilizer	1pc
K-1	Clamp for handlebar	1pc
K-2	Flat washer	2pc
K-3	Spring washer	2pc


Part	Designation	Quantity
K-4	Allen screw	2pc
K-5	Arc washer	2pc
K-7	Allen screw	8pc
K-8	Covers	4pc
K-9	Allen screw	2pc
K-10	Allen screw	2pc
K-11	Nylon nut	2pc
K-12	Screw cover	2pc
K-13	Carriage bolt	4pc
K-14	Flat washer	4pc
K-15	Spring washer	4pc
K-16	Adjustment knob	4pc
K-17	Left pedal post disc	2pc
K-18	Allen screw	2pc
K-19	Spring washer	2pc
K-21	Allen screw	4pc
K-22	Self-locking screw	4pc
L	Front post cover	1pc
L-1	Handlebar front cover	1pc
L-2	Handlebar rear cover	1pc
L-3	Left pedal post set	1pc
L-4	Right pedal post set	1pc
L-5	Bottle holder	1pc

**SCOPE OF DELIVERY:** *Installation tools: Allen key, screw driver with flat spanner, multifunctional tool, installation and operation manual. Assembly parts as described in enclosed list of parts. (Some pre-assembled)*

**!** *Note: Before you starting assembling the equipment, you should allow it to acclimatise at room temperature for one to two hours.*



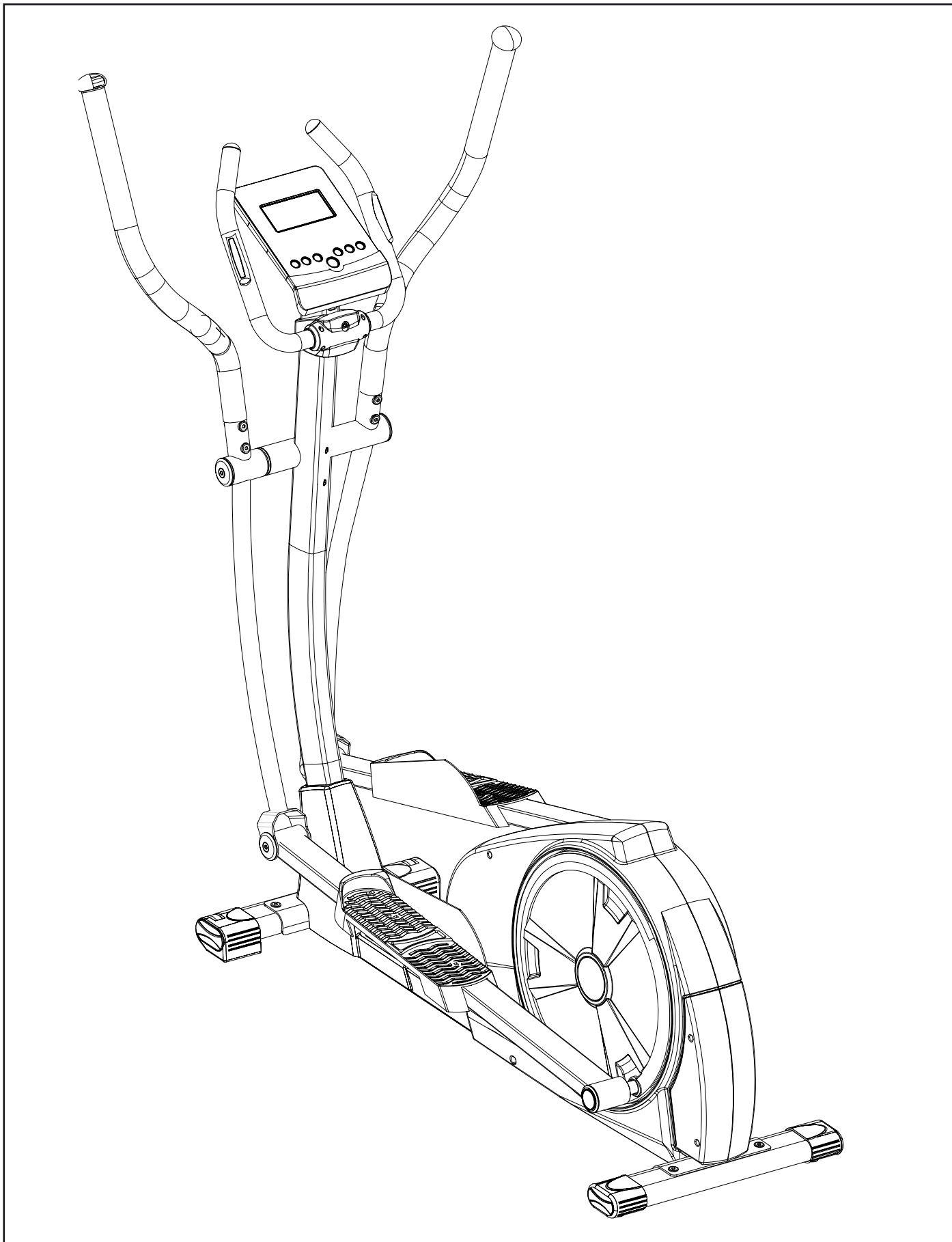
## TECHNICAL SPECIFICATIONS

Article number:	OMX2017
Net weight:	52 kg
Dimensions:	160 x 60 x 161 cm (LxWxH)
Max. user weight:	150 kg
Standards:	EN-957-1, EN-957-9
Flywheel mass system:	ca. 16 kg
Power supply:	Generator and A/C current 110-230V 
Pulse measurement:	Hand-pulse sensor/heart rate receiver (Chest strap not included in scope of delivery)





## OVERVIEW OF EQUIPMENT



Assembly instructions: Some parts of the equipment are heavy and difficult to handle. Make sure that a second person helps you with the assembly.

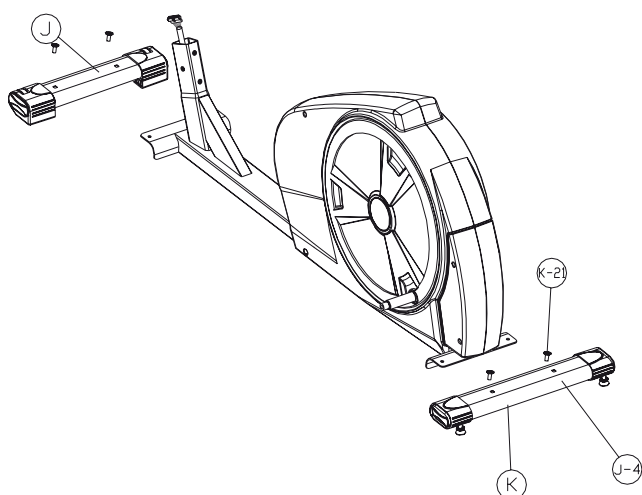
## STEP 1

Start by loosening the Allen screws (K-21) on the front and rear stabilizer (J & J-4).

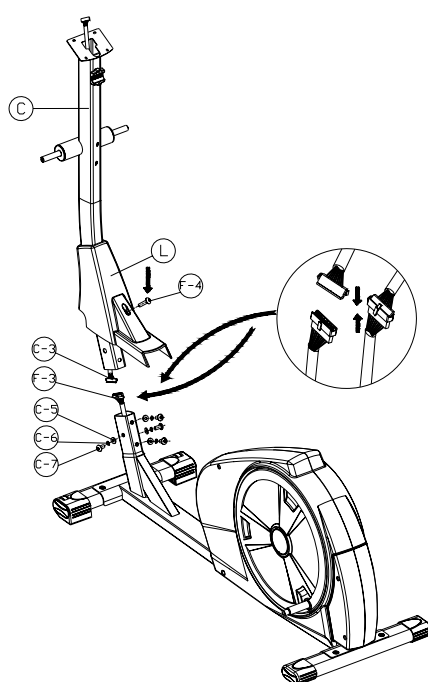
Hold the front stabilizer (J) against the cut-out on the main frame (D) and secure this joint using the Allen screws (K-21).

Use the same approach for the rear stabilizer (J-4).

Note: The transportation wheels are in the front stabilizer; the levelling mechanism in the rear stabilizer. The levelling mechanism helps you easily and conveniently compensate uneven flooring.



## STEP 2



Start by loosening the pre-assembled Allen screws (C-7) on the main frame (F). Then loosen the front post cover. Push the front post cover (L) onto the front post (C).

Then pull the cable out of the front post (C) so that you have a good section to grip hold of in the next step.

Then connect

the computer cables (C-3) and (F-3).

Now push the front post (C) onto the main frame (F). Make sure that the cable connection is not crushed.

Secure this connection with the four hex screws unfastened previously (C-7), using one washer (C-5) and one spring washer (C-6) each.

Secure the cover (L) with one Phillips screw (F-4).

## STEP 3

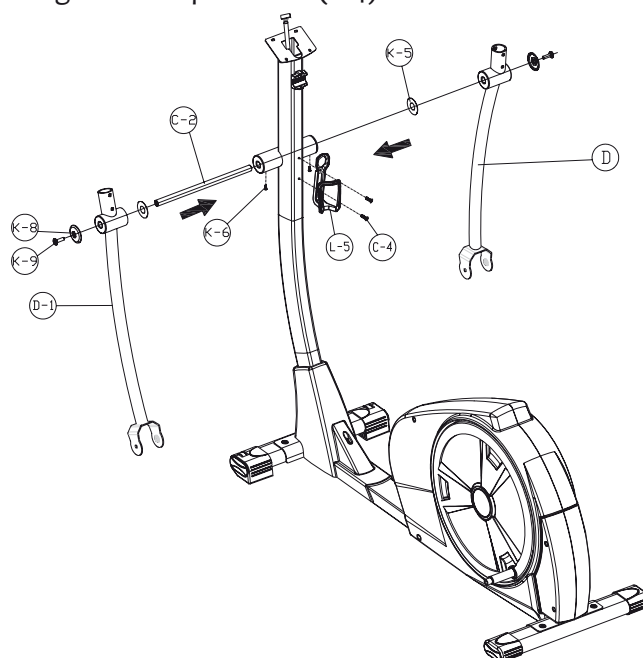
Insert the axle into the receptacle on the front post. Secure this connection with two head screws (K-6). Start by loosening the Phillips screws (K-6).

Place a washer (K-5) on the left and right side of the flywheel axle.

Then push the left handle lever (D-1) onto the flywheel axle and secure this in place with a cap (K-8) and an Allen screw (K-9).

Use the same approach for the right handle lever (D).

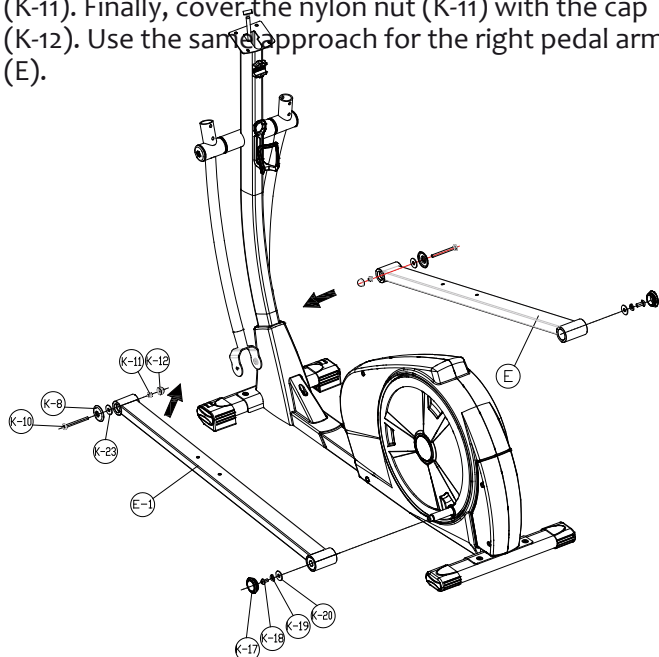
Secure the bottle holder (L-5) on the front post (C) using two Phillips screws (C-4).



## STEP 4

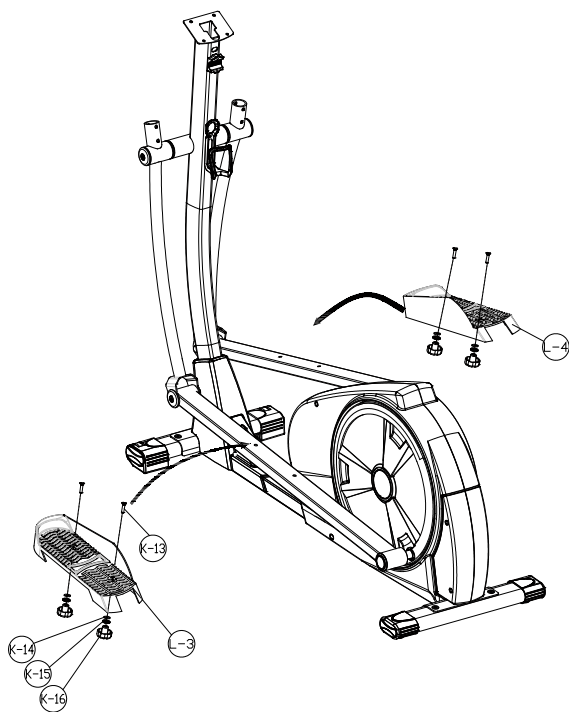
Start by pushing the rear part of the left pedal arm (E-1) onto the mount on the cross member (G-8). Secure this union with a washer (K-2), a spring washer (K-19) and an Allen screw (K-18). Cover the screw union with a screw cover (K-17).

Secure the front end of the left pedal arm (E-1) on the left handlebar. To do so, push the pedal arm into the cut-out in the handle lever and then push an Allen screw (K-10) with a cap (K-8) fitted through the cut-out. Secure this joint from the rear with a nylon nut (K-11). Finally, cover the nylon nut (K-11) with the cap (K-12). Use the same approach for the right pedal arm (E).



#### STEP 5

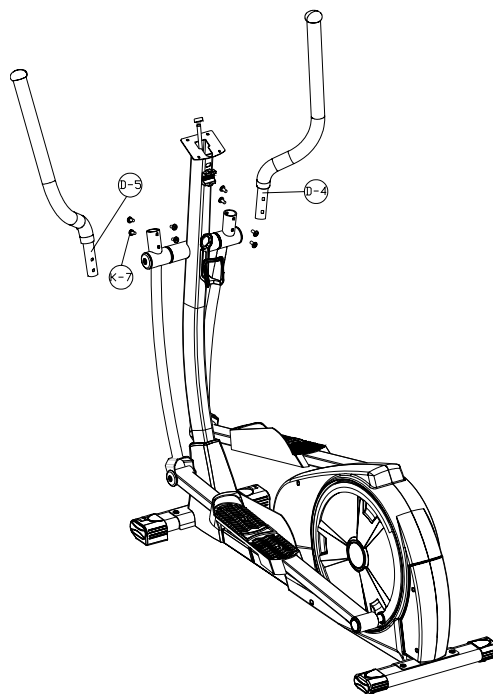
Place the left pedal (L-3) on the left pedal arm (E-1). Push two Allen screws (K-13) through the predrilled holes from the top. Secure this joint from the rear using a washer (K-14), a spring washer (K-15) and a hand screw (K-16). Use the same approach to assemble the right pedal (L-4).



#### STEP 6

Push the left handlebar (D-5) into the cut-out on the left handle lever. Secure this connection with four Allen screws (K-7).

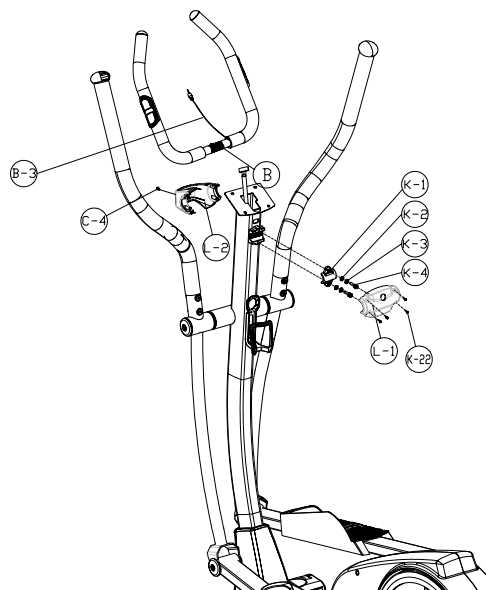
Use the same approach to assemble the right handle lever.



#### STEP 7

Hold the grip (B) against the cut-out on the front post (C). Push on the clamp (K-1) for the grip and secure the (B) with two washers (K-2), two spring washers (K-3) and two Allen screws (K-4).

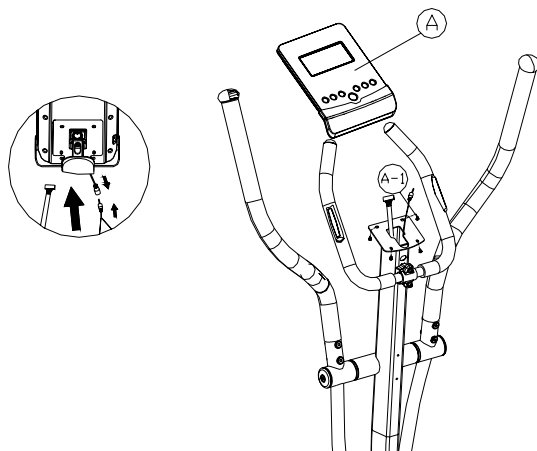
Route the hand pulse sensor cable (B-3) through the bushing on the side of the front post (C) and back out at the top.



## STEP 8

Start by loosening the four screws (A-1) on the rear of the computer. Then push the computer (A) against the mount on the front post; connect the hand pulse cable with the hand pulse cable on the computer (C3).

Connect the computer (A) with the computer cable (C3) and then secure the computer with the four Phillips screws unfastened previously (A-1).



## STEP 9

Finally, secure the grip covers in place. Start by putting the (L-2) and then cover (L-1) in place and secure the joint with four Phillips screws (C-8).

You can now connect the device to the mains power. Before you switch on for the first time, make sure that all the cables are correctly connected.

After checking, please plug in the power adapter at the mains (230 V/~50Hz). After completing exercising, please do not forget to unplug the adapter again.

## GETTING STARTED

The device has a generator system. The rechargeable batteries may be totally discharged after an extended period of disuse. A mains plug is provided for this case.

We recommend charging the batteries for approx. 8 hours using mains power before use.

Note: Always plug the power plug into the device first, and then into the mains.

## COMPUTER FUNCTIONS AND USE

Note:



The device has a generator system. The rechargeable batteries may be totally discharged after an extended period of disuse or following transportation. Because of this, the computer may fail to start even if connected to the mains. In this case, please wait for a couple of seconds.

After connecting the device to the mains power, all indicators on the display light for approx. 2 seconds. The computer then enters the main screen.

1. Now start the computer and start to push the pedals.
2. Enter your personal data. You can store up to four different sets of user data. You must enter the following data: sex, age, height, weight
3. The computer has an automatic on/off function. If the computer does not receive a signal for more than 90 seconds, it switches off.
4. If wires are not correctly connected, the display shows "E1" and a loud buzzer sounds. Please unplug the power adapter and recheck all the wiring connections (see also Troubleshooting, Special Notes).

### FUNCTIONS



Starting or ending exercise programs



"Fitness grade" between 1- 6 after completing training. Press the key; then press the balls of your hands against the hand pulse sensors for 60 sec. You will see your fitness grade F1 - Very good - F6 - very poor



Starting body fat measurement



2 functions:

1. Before training: Toggle between the presets.
2. During training: Adjust the resistance. Press these keys to set your training presets in ascending order.



Pressing once takes you back. Press for 2 sec.: resets all data.



Confirm the entry. Display change.



## USER PROGRAMS

After using the Mode key to enter your personal data, and confirming your entries, you are automatically taken to the Program menu.

The top computer line will flash originally, starting with a P and various programs.

1. You can press the Up and Down keys to choose between the individual programs. Manual  
Program - 12 Program profiles  
USER  
HRC  
WATT
2. Press the Mode key to confirm your selection.

### Quick start and manual program

Before you can start exercising, you must enter the following data on the computer:

Time, Distance, Calories (approx. calorie consumption), Pulse.

Use the Up and Down keys to set the values. Pressing the Mode/Confirm key takes you to the next value that you need to enter.

When you have finished the entries, press the Start button to start exercising.

You can manually adjust the resistance during training by pressing the + Up and - Down keys.

### PROGRAM

1. You must set the desired exercise time first. To do so, press the Up and Down keys and confirm your entries by pressing the Mode key.
2. Select your preferred training profile by pressing the Up and Down keys.  
Press the Mode key to confirm your profile.  
You can manually adjust the resistance during training by pressing the Up and Down keys.

### H.R.C.

1. Start by entering your age using the Up and Down keys and confirm your entries by pressing the Mode key.
2. You can also set your target pulse between 30 and 230 manually using the Up and Down keys.
3. Press the Start key to start training.
4. Note: The computer will now set a pedal resistance at which you can train constantly at your target pulse frequency; i.e. while you are exercising as long as your

pulse frequency is below the target pulse frequency, the pedal resistance level will automatically be raised by one level every 30 seconds and automatically reduced by one load level every 15 seconds once you reach the set value. If you reach the lowest load level, "1", and if your pulse frequency is still above the set value, an audible signal is issued 6 times every 30 seconds and the computer program stops automatically.

### USER PROGRAM

You can select the load levels yourself in this mode; you have a choice of 16 load levels and 16 program segments.

1. The display for load segment 1 flashes. You can press the Up and Down keys to vary the load intensity between 1 and 32. After setting your preferred load intensity, press the Mode key in each program segment to store your entry.
2. You can press the START/STOP key to start your exercise program directly.

If you would like to additionally preset individual exercise values, press the START/STOP key and use the Up and Down keys to adjust the settings.

A TIME message flashes on the lower display. Enter your exercise values. You can press the Mode key to confirm your entries for each function. Preset options for TIME, DISTANCE, CALORIES and PULSE.

Note:

You can return to the main menu from any other mode at any time by selecting Pause mode (a letter P flashes top left in the display) and pressing the RESET key. You can then select one of the programming options described above.

### WATTS

1. The number 120 flashes on the display in this mode. You can now preset your personal Wattage between 10 and 350 Watts by pressing the Up and Down keys. Press the Mode key to confirm your entry.
2. A TIME message flashes in the lower display. Enter your exercise values. You can press the Mode key to confirm your entries for each function. Preset options for TIME, DISTANCE, approx. CALORIES and PULSE.
3. Press the Start key to start training.
4. Body fat

1. Press the Body fat key in Pause mode to measure your body fat.
2. Select a user (U-1 - U-4) by pressing the Up and Down keys and then press Mode to confirm your selection.
3. The measurement starts for 8 seconds. The two bars on the left and right flash alternately during the measurement.
4. After 8 seconds, the display alternately shows the body fat proportion as a percentage and the BMI (Body Mass Index).

During the measurement, you **must** keep both hands on the hand pulse sensors, even if you are using a chest belt or ear clip.

## RECOVERY

Calculates your individual fitness grade between 1 – 6 at the end of an exercise session. Press the RECOVERY key and then press both hands against the hand pulse sensors. The computer times the functions and displays a countdown of 60 seconds. Your pulse rate is measured during this period.

At the end of the countdown, the computer calculates your current fitness grade from F1 to F6, where F1 stands for excellent, F2 for good, F3 for satisfactory, F4 for sufficient, F5 for poor, and F6 for very poor.

Daily training will help you continually improve your rating.

### Note:

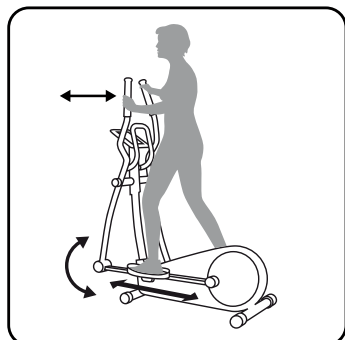
1. If the computer does not receive a signal for 90 seconds, it will power off. Press any key on the computer to switch it back on.
2. To determine your recovery pulse, press the Recovery key within the 90 seconds.
3. Charging the battery: Exercise for min. 30 minutes with a pedal frequency of min. 35 revolutions per minute.
4. To ensure safe use of the generator system, we recommend a maximum pedal frequency of 120 RPM.

Technical specifications	Display
Time	0:00 - 99:99
Distance	0.00 - 99.99
approx. Calories	0 - 9999
Pulse	P-30 - 230
Watt	0 - 999 (10-350 Watt)
Speed	0.0-99.9 km
RPM	0 - 999

## How to train with the elliptic trainer.

### A. General

The fact that it is easy on the user's joints and helps the user burn off calories makes the elliptic trainer a very popular endurance fitness device.



The motion is similar to running, but without the jarring impact. The regular elliptic movements of the elliptic trainer strengthen your legs, buttocks and hips. Upper body training

combined with leg exercise helps strengthen your arms, shoulders, chest and back.

**CAUTION:** Practise leg movements first before starting with arm movements!

### B. Leg / lower body exercise

Grip the stationary handlebars with your hands (handlebar mode); then place your left foot on the left pedal, or your right foot on the right pedal.

When you have both feet firmly placed on the pedals, keep your upper body bent slightly forward and your arms extended. The motion is similar to running with alternating load on your legs. Start the exercise with a gentle walking movement, until your body has adjusted to the rhythm of the movement.

The elliptic trainer gives you the option of running forwards and backwards to exercise various groups of muscles.

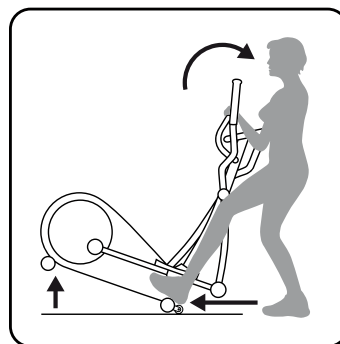
### C. Upper body / whole body exercise

Just like for lower body exercise, place your feet on the two pedals, however, grip the handle bars with your hands (fitness mode). Now, when you start to move your feet, your upper and lower body will be exercised diagonally.

It is important to keep your upper body slightly bent forwards and to retract and extend your arms alternately. You can also use the option of running forwards and backwards.

To avoid tension, make sure you keep your head upright and facing forwards at all times.

### D. Transport



When transporting the device, we recommend asking a second person to help you, due to the device's heavy weight.

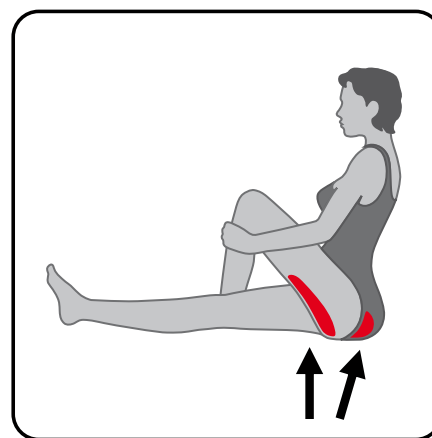
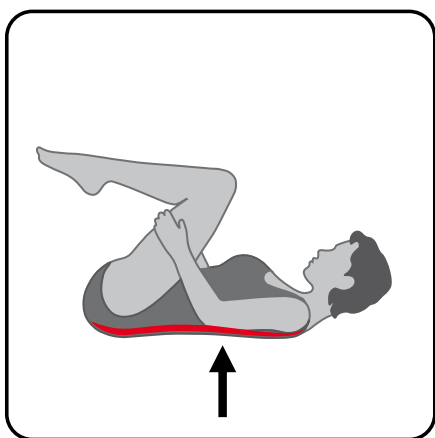
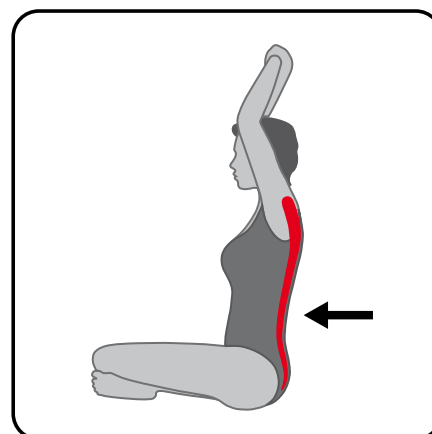
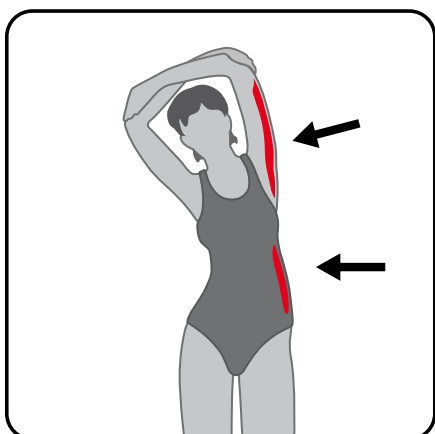
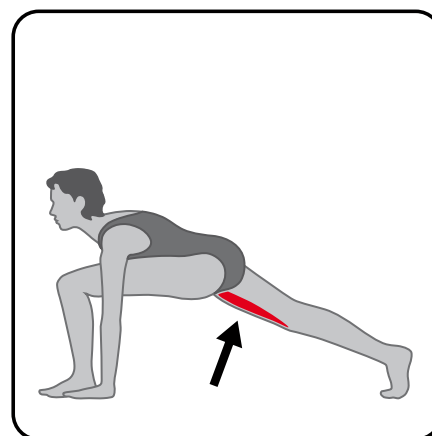
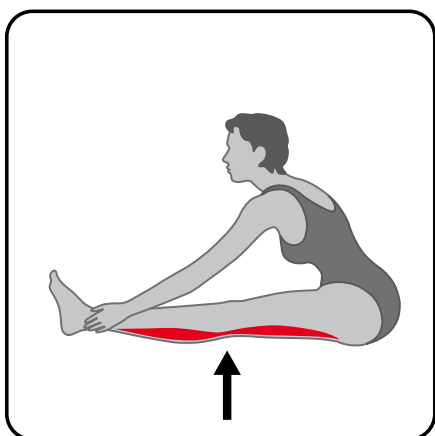
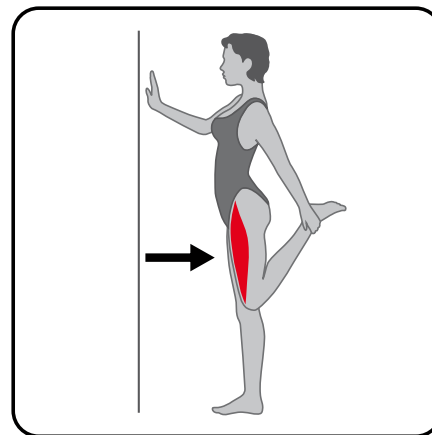
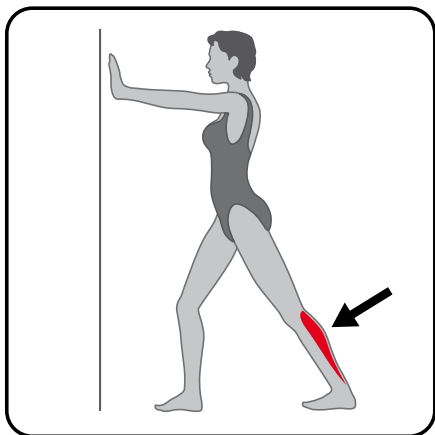
Proceed as follows: Put one foot on the front stabilizer; take hold of the device via the fixed handlebar near the fitness

computer and tilt the device so that it moves on its rollers.

To deposit the device, again place one foot on the front stabilizer, and slowly allow the device to drop down to the floor.

**CAUTION:** Rollers can cause scratches or similar damage to parquet flooring or soft wooden floors. Make sure you place the treadmill on a sheet or mat and use the sheet or mat to transport it. Your dealer and the manufacturer accept no liability for any damage caused by failure to observe these instructions!

## WARM-UP





## PERFORMANCE TABEL

This performance table allows for an optimized control of your training. Through regular training, you can increase your personal training goals and improve your fitness level.

[illegible]

## HAND PULSE SENSORS & HEART RATE MONITOR

### Measuring your pulse

There are two ways to measure your pulse:

- with the pulse rate transmitter or
- with the two hand sensors on the handlebar

If you have a pacemaker, note that you must not use the pulse rate transmitter, or consult your doctor for advice.

**Measuring your pulse with the pulse rate transmitter.** If you want to monitor your pulse permanently, use a pulse rate transmitter such as a chest strap. The integrated heart rate receiver is compatible with most standard pulse rate transmitters that transmit at a frequency of 5.3 kHz. Our service team will be pleased to help you if you have any questions.

Your pulse is displayed on the computer display. If the measured pulse is not shown, this may be due to the following:

- Skin/contact areas too dry (moisten or use ECG gel)
- Transmitter too cold
- Chest strap has slipped
- Radio interference (e.g. mobile phone, cycle computer, high voltage lines)
- Transmitter battery discharged

### Measuring your pulse with the hand sensors

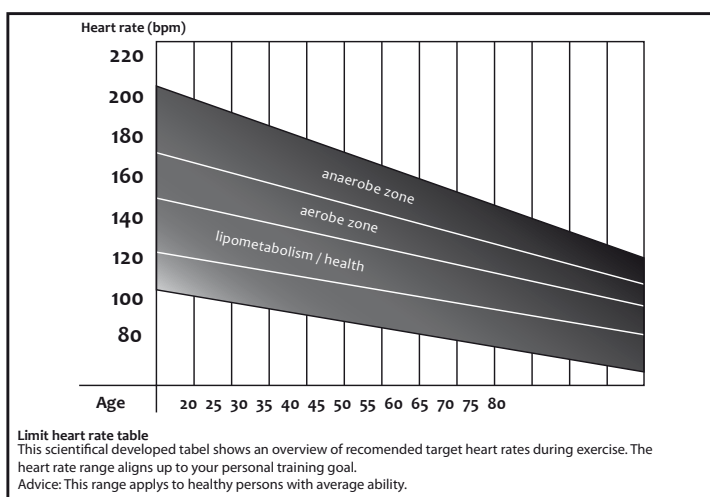
- While exercising, place both hands on the hand sensors on the handles and wait for a short while until your pulse is displayed. You can release the sensors if you want to continue exercising with the handle levers.
- Put your hands back on the hand sensors, if you would like to view your pulse again. Measuring your recovery pulse: You can measure your recovery pulse after exercising. In time, this will give you feedback on your performance improvements thanks to exercising with the cross trainer.
- After exercising, press the RECOVERY key and take hold of the hand sensors, if you are not using a pulse measuring sensor. Stand still. The computer will measure your pulse for one minute and calculate a fitness grade between F1 ("Very good") and F6 ("Very poor") based on this. The lower the fitness grade, the better your condition and recovery.

**Warning:** The heart beat measurement can be impaired by movement, friction and sweat. This value should thus not be used for medical applications or evaluations, but simply as an orientation value.

Special impediments such as use of a pacemaker or other medical implants must be discussed with your doctor prior to using the sensors.

## HEART BEAT TARGET FREQUENCY

The heart beat frequency recommended by leading sport medicine specialists is 60 to 80 % of your maximum achievable heart frequency during exercise. This range is calculated by reference to your age and the exercise duration. As a rule of thumb, the older you are, the lower the target range will be.





## And now: On your marks, set, go!

### Important note:

Before you start with your personal exercise program, observe the safety instructions in the introduction to the user's manual. Always take sufficient time for fitness training, and always allow time for a warm-up and cool-down phase.

### How often and how long should I exercise?

Experts recommend regular exercise to get fit. Random exercise is not the right approach to achieving training success. If you exercise once or twice a week, you will keep your current fitness level.

If you exercise three or four times a week, you will improve your current fitness level substantially. Many experts consider training three times a week to be ideal. Never overdo exercise at the beginning; instead, increase gradually. Increasing does not mean increasing the number of training sessions, but the duration of the individual sessions. We recommend starting with an exercise period of approx. 20 minutes and a low resistance level.

### Measuring your pulse

1. Before exercising = Rest pulse
2. 10 minutes after starting exercising = load / training pulse
3. 1 minute after finishing exercising = recovery pulse. It is a good idea to enter your values in a table for monitoring purposes.

### Structuring exercise sessions

An exercise session should comprise three phases

1. A warm-up phase 5 to 10 minutes of gymnastics and stretching to prepare your muscles for the exercise to come.
2. Running training phase  
15 to 45 minutes of intensive but not stressful exercise.
3. Cool-down phase  
Wind down gradually for the last one or two minutes.  
Finish off by doing some loosening exercises.

### Metabolic changes during exercise

- In the first 10 minutes of a training session, your body will burn up the glycogen stored in your muscles.
- Fat is burnt after another 10 minutes.
- After 30 to 40 minutes, your lipo-metabolism is activated and body fat is mainly burnt to supply energy
- Regular exercise can sustainably improve your metabolism. This will result in improved performance and better fat burning.

### Safe use of the cross trainer

#### Mounting

1. Press one pedal completely down with your foot.
2. Grasp the handle (not the handle lever!) with both hands.

3. Place your other foot on the second pedal. Do not step on the plastic cover!
4. Once you are standing safely, you can grasp hold of the padding on the left and right handle levers.

### Stressed muscle groups

The load occurs via a walking movement, which is transferred to your upper body and arms by means of a system of rods.

The cross trainer thus achieves intensive full body exercise during which your upper body, arm and leg muscles are exercised.

- Always keep your feet fully flat on the pedals while exercising.
- Pay attention to a natural "walking stance" during exercise: your upper body should be straight, and you should look straight ahead. You can vary the training session:
- If you apply more force to the handle levers, or grasp them higher up, you will reduce the load on your leg muscles. However, the movement should mainly come from your legs.
- If you exert more force on the pedals, you will reduce the load on your arm and upper body muscles.
- Keep hold of the handles if you have no strength left in your arms. You can carry on training your leg muscles.
- The grip position (handles - handle levers) can be changed as often as you like during exercising. But never exercise hands-free!
- You can walk forwards and backwards. This exercises different leg muscles.
- The training computer shows you a number of logged data during the exercise session. You can additionally use the preset programs to add variety to your exercise session. For detailed information on the use of the computer, refer to the Section "Computer Function and Use" (p.14).

### Dismounting

1. Slow down your movements until the pedals and handle levers come to a standstill. One pedal must be at the bottom position. Do not stop abruptly.
2. Keep hold of the handle with both hands.
3. Place the foot that is on the topmost pedal on the floor first. Then take your other foot of the bottom pedal and leave the cross trainer. Do not step on the plastic cover!

### FUNCTION AND USE

After completing the setup for the pedal posts, handlebars etc. and your warm-up program, you can now start training with gentle and smooth movements.

To set the pedal resistance to match your training target, you can use the +/- (Up/Down) function.

Always observe our training recommendations. It is important to monitor your heart beat regularly or permanently (see also the sections "Hand Pulse Sensors" and "Heart Rate Range"). While exercising you should also take care to drink enough.

Cool down for at least 5 minutes

In the "warm up" phase and during fitness training your body has delivered peak performance; now it's time to relax.

Set the exercise equipment to the lowest resistance level and step smoothly and without straining yourself for 2 – 3 minutes to take your heart beat down to "normal".

Then repeat the stretching exercises with 1 - 2 repetitions of each.

#### CAUTION:

After using the exercise equipment for an extended period, you may notice some slight coordination/balance difficulty. Always keep hold of the device with at least one hand, and dismount slowly.

#### CARE

Though the surface of your exercise equipment is resilient to perspiration, it must be cleaned from time to time to ensure hygienic training.

To protect the device against excessive soiling during exercising, we recommend the use of a towel. When cleaning the equipment, never use corrosive or aggressive cleaning agents that could damage the surface.

Use only a soft damp cloth. Always clean the device after use.

#### STORAGE

Keep the equipment in a dry, well ventilated place out of the reach of children. Cover it with a sheet to protect it against dust.

#### MAINTENANCE

**CAUTION:** Locknuts will not work loose due to vibration. However, the locking effect is only guaranteed for once-only tightening! If you need to loosen the nuts, replace them with new locknuts.

To maintain the high quality and safety of your fitness device, check that all screw and plug connections are tight at regular intervals, after 1-2 months at the latest, and before use after an extended period of disuse. Also check all wear parts for visible signs of wear or breakage.

Pay special attention to end caps, weld joints, rotary joints, screw unions etc.

To avoid danger of injury, replace defective or missing parts immediately. Our service team will answer your queries concerning maintenance:

#### SERVICE

Telephone: +49 (0) 1805/346412 Mon - Fri 9.00 a.m. - 6.00 p.m. (14 Ct./min. for calls in Germany via the Dt. Telekom network. Max. charge of 42 cents/minute applies to calls from mobile networks. Calls from abroad may vary).

Fax: +49 (0) 2261 / 547-77

Email: [service@omni-fitness.eu](mailto:service@omni-fitness.eu)

Internet: [www.omni-fitness.eu](http://www.omni-fitness.eu)

Postal address: Stamm Sport & Freizeit GmbH  
An der Nordhelle 19  
D-51645 Gummersbach / Germany

#### CAUTION:

If the device is defective, do not use it until duly repaired. No liability will be accepted if you fail to observe this.

If you pass this equipment on or allow another person to use it, make sure that the respective person is familiar with its handling and use. Hand over the installation instructions and instructions for use to the new owner to allow them to use the device safely and successfully.

The manufacturer and/or vendor will accept no responsibility and no liability for injuries caused by improper use in case of repairs or modifications, e.g. fitting of third party parts, non-original OMNI parts not specifically intended for use with the device and similar. The user assumes the sole responsibility for any risks that may result from the use of this fitness equipment.

## WASTE DISPOSAL AND ENVIRONMENTAL PROTECTION

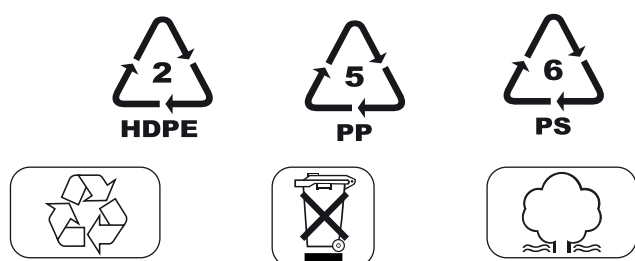
Do not dispose of batteries as domestic waste; instead, use the collection points intended for this purpose!

Before disposing of your exercise device (at the end of its working life), make sure you remove the batteries.

Consumers are required by law to dispose of batteries via a battery return point operated by an authorised battery disposal agent (local authority, or distributor). Make sure batteries and rechargeable batteries are discharged before disposal!

Labelling: Pb (= lead), Hg (= mercury), Cd (= cadmium).

Packaging:



We exclusively use packaging materials that can be recycled

- Transport/external packaging made of cardboard (PAP)
- Protective films and bags made of polyethylene (PE)
- Straps and belts made of polypropylene (PP)
- Bumpers and fasteners made of CFC-free polystyrene (PS).

Please dispose of these materials in line with local regulations in order to enable environmentally friendly recycling.

Disposal of the device:

At the end of the useful life of this device, contact your local waste disposal authority for information on correct disposal.

## WARRANTY

The warranty period is 24 months (for home use) within the European Union. The warranty period begins on the date of purchase/invoice or delivery.

The warranty applies to manufacturing errors or material defects. The warranty excludes damage caused by improper handling/use, use of force, force majeure, connection to the wrong power supply, failure to observe the assembly instructions/instruction manual, chemical or electrochemi-

cal impact, modifications or unauthorised repairs, and natural wear and tear.

If no defect in the sense of the warranty exists, or if the device is returned for repair without proof of purchase, you will be billed for repair work.

During the 24-month warranty period, you are entitled to free repair. This means that any defects that occur will be eliminated free of charge.

Should a repair during the warranty period prove to be economically unviable or should our effort to eliminate the defect fail, we reserve the right to replace the item or parts of it.

To enable quick elimination of defects, please report any defects to us without delay.

We will only accept visible and obvious defects, including transport damage, if you notify us of such within one week of the purchase/invoice or delivery date. In this context, it is sufficient to notify the following customer service address by phone or in writing.

The warranty period for the device is not extended by claims against warranty.

After the warranty period has expired, you will be billed for the costs incurred, such as postage/packaging costs, material, and labour.

Returns must be agreed with our service team (deliveries reaching us without prior agreement will be returned to sender).

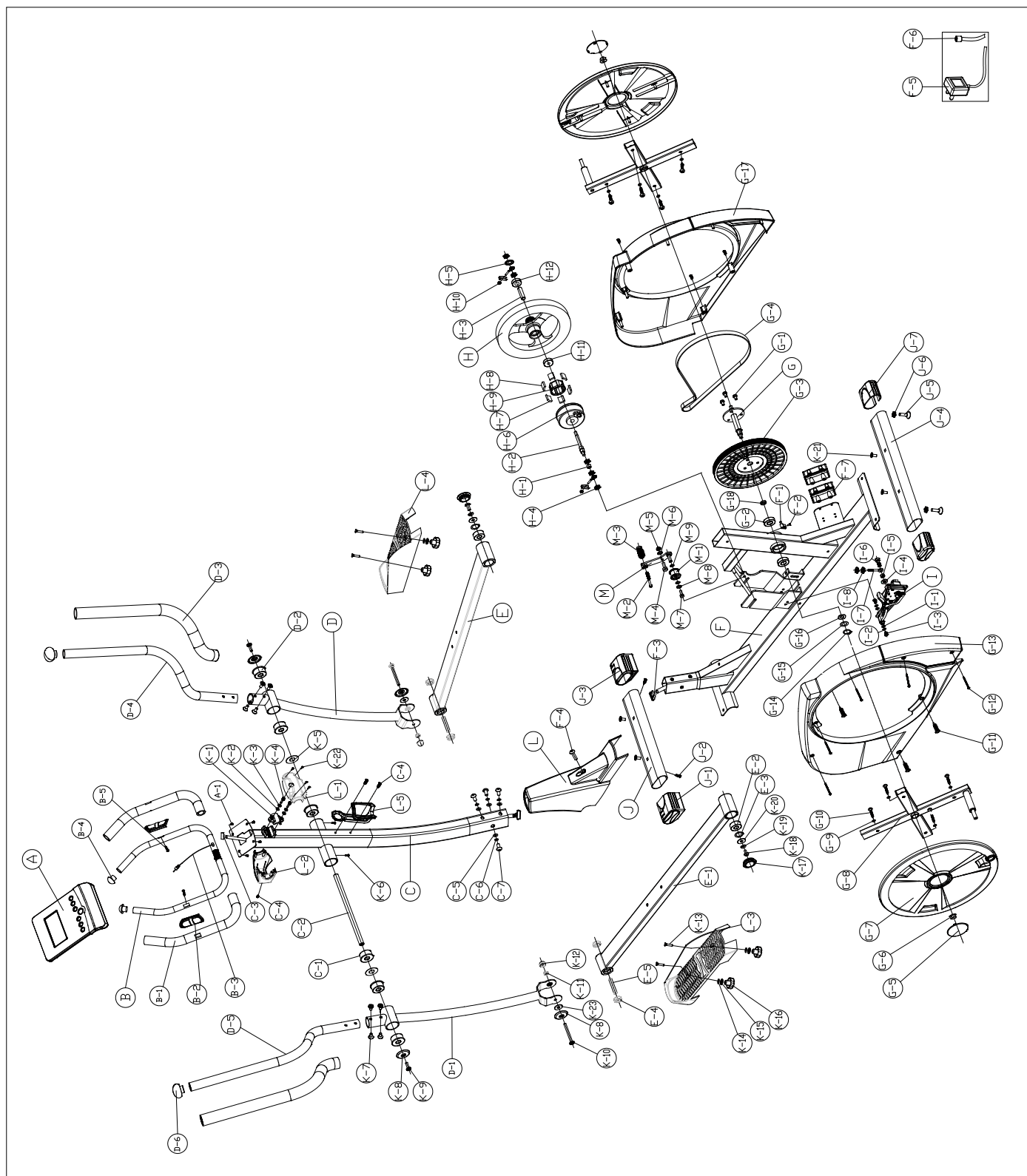
## COMPLETE LIST OF PARTS

Part	Designation	pc
A	Computer	1
A-1	Phillips screw	4
B	Handlebar	1
B-1	Handlebar padding	2
B-2	Hand pulse	2
B-3	Pulse rate transmitter (handlebar)	1
B-4	Handle cover caps	2
B-5	Phillips screw	2
C	Front post	1
C-1	Sleeve tube	2
C-2	Axle for handle bar	1
C-3	Computer wire handlebar column	1
C-4	Allen screw	3
C-5	Flat washer	4
C-6	Spring washer	4
C-7	Allen screw	4
D	Handle lever right	1
D-1	Handle lever left	1
D-2	Cross tube end cap	4
D-3	Handlebar padding	2
D-4	Right handlebar	1
D-5	Left handlebar	1
D-6	Handlebar cover	2
E	Right pedal post	1
E-1	Left pedal post	1
E-2	Bearing	2
E-3	Ring	2
E-4	Bearing	4
E-5	Bushing	2
F	Main frame	1
F-1	Sensor mount	1
F-2	Phillips screw	1
F-3	Main frame computer wire	1
F-4	Allen screw	1
F-5	Adapter	1
F-6	D/C power cable	1
F-7	Cover for controller	2
G	Axle set	1
G-1	Allen screw	3
G-2	Bearing	2
G-3	Drive pulley	1
G-4	Drive belt	1
G-5	Flywheel cover	2
G-6	Nut	2
G-7	Cross member cover	2
G-8	Cross member	2

Part	Designation	pc
G-9	Flat washer	8
G-10	Phillips screw	8
G-11	Phillips screw	6
G-12	Phillips screw	5
G-13	Left chain cover	1
G-14	C-Ring	1
G-15	Flat washer	1
G-16	Arc washer	1
G-17	Right chain cover	1
G-18	Ring	1
H	Flywheel	1
H-1	Sleeve	1
H-2	Flywheel axle	1
H-3	Sleeve	1
H-4	Nut	5
H-5	Star washer	2
H-6	Solenoid	1
H-7	Magnet (S)	3
H-8	Magnet (N)	3
H-9	Magnet fixed plate	1
I	Magnet set	1
I-1	Flat washer	2
I-2	Spring washer	2
I-3	Allen screw	2
I-4	Flat washer	1
I-5	Sleeve	1
I-6	Phillips screw	1
I-7	Regulator	1
I-7	Hex nut	2
J	Front stabilizer	1
J-1	Roller	1
J-2	Phillips screw	2
J-3	Roller	1
J-4	Rear stabilizer	1
J-5	Stabilizer cover with levelling mechanism	2
J-6	Hex nut	2
J-7	Stabilizer cover rear	2
K-1	Handle clamp	1
K-2	Flat washer	2
K-3	Spring washer	2
K-4	Allen screw	2
K-5	Arc washer	2
K-6	Phillips screw	2
K-7	Allen screw	8
K-8	Cover	4
K-9	Allen screw	2
K-10	Spacer screw	2

Part	Designation	pc
K-11	Nylon nut	2
K-12	Screw cover	2
K-13	Carriage bolt	4
K-14	Flat washer	4
K-15	Spring washer	4
K-16	Adjustment knob	4
K-17	Left pedal post disc	2
K-18	Allen screw	2
K-19	Spring washer	2
K-20	Flat washer	2
K-21	Allen screw	4
K-22	Self-locking screw	4
K-23	Flat washer	2
L	Front post cover	1
L-1	Handle lock cover front	
L-2	Handle lock cover rear	2
L-3	Left pedal post set	1
L-4	Right pedal post set	1
M	Tensioner	1
M-1	Tension rod set	1
M-2	Allen screw	1
M-3	Spring	1
M-4	Allen screw	1
M-5	Nylon nut	1
M-6	Flat washer	1
M-7	Allen screw	1
M-8	Flat washer	1
M-9	Arc washer	2

# EXPLODED DRAWING





## OMNI Service

**OMNI**

**An der Nordhelle 19**

**D-51645 Gummersbach**

**Tel.: (0049) - (0)1805 - 346412**

**0.14 Euros/min. from land lines in German/German cellular networks maximum 42 cents/min.**

**Other charges apply when calling from abroad.**

**(Rates: dated Feb./2011)**

**Monday – Friday 9.00 am to 6.00 pm**

**E-mail: [service@omni-fitness.eu](mailto:service@omni-fitness.eu)**

All models by Stamm Sport & Freizeit GmbH are subject to ongoing development. Please note that changes of the scope of delivery with respect to design, shape, and technology are possible at any time. Therefore, the figures, descriptions, and details do not constitute a basis for legal claims. Reprinting, duplication, or translation of this documents or parts of it are prohibited without the written permission of Stamm GmbH. All rights in keeping with the German Law on Copyrights are owned by Stamm GmbH. ©Stamm Sport&Freizeit GmbH. The texts, figures, and standards in this guide reflect the state of information at the time of printing.